

Full Report (All Nutrients) 45107744, ZATARAIN'S, SHRIMP SCAMPI WITH PASTA, UPC: 071429010116

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	297.0 g 297g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	350	118
Protein	g	--	--	19.01	6.40
Total lipid (fat)	g	--	--	10.01	3.37
Carbohydrate, by difference	g	--	--	46.99	15.82
Fiber, total dietary	g	--	--	2.1	0.7
Sugars, total	g	--	--	6.00	2.02
Minerals					
Calcium, Ca	mg	--	--	101	34
Iron, Fe	mg	--	--	1.81	0.61
Sodium, Na	mg	--	--	600	202
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	0.4
Vitamin A, IU	IU	--	--	499	168
Lipids					
Fatty acids, total saturated	g	--	--	4.990	1.680
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	89	30

Amino Acids

Other

Ingredients
WATER, COOKED ENRICHED MACARONI PRODUCT (WATER, DURUM WHEAT SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), SHRIMP (WITH SALT, SODIUM TRIPOLYOSPHATE), BUTTER FLAVOR BLEND (MALTODEXTRIN [FROM CORN], BUTTER [CREAM SALT], NONFAT DRY MILK, BUTTERMILK, SALT, SOUR CREAM [CULTURED CREAM, NONFAT DRY MILK, DISODIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, LACTIC ACID, CITRIC ACID, COLOR [EXTRACTIVES OF ANNATTO AND TURMERIC]), NONFAT MILK SOLIDS (NONFAT MILK, WHEY SOLIDS [LACTOSE], VITAMIN A AND D3), UNSALTED BUTTER (CREAM, NATURAL FLOUR), ROASTED GARLIC BASE (ROASTED

GARLIC, SALT, CORN MALTODEXTRIN, NATURAL FLAVORINGS, CORNSTARCH, CANOLA OIL, SESAME OIL), MODIFIED CORN STARCH, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), GREEN ONIONS, CORN MALTODEXTRIN, SHRIMP BASE (COOKED SHRIMP, SALT, UNSALTED BUTTER [CREAM, FLAVORINGS], POTATO FLOUR, FLAVORING, DRY WHEY, PAPRIKA), CHEESE FLAVOR (A DEHYDRATED BLEND OF PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES] WHEY, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, SALT), LEMON JUICE POWDER (CORN SYRUP, LEMON JUICE, LEMON OIL), CANOLA OIL, GRANULATED GARLIC, WORCESTERSHIRE SAUCE POWDER (CORN MALTODEXTRIN, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, CORN SYRUP, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR, SULFITING AGENTS]), SPICES, YEAST EXTRACT, PAPRIKA, XANTHAN GUM, NON-DAIRY CREAMER (PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, SODIUM HEXAMETAPHOSPHATE, SILICON DIOXIDE), CITRIC ACID, DISODIUM INOSINATE AND DISODIUM GUANYLATE (FLAVOR ENHANCERS). *Date Last Updated by Company: 05/16/2016*